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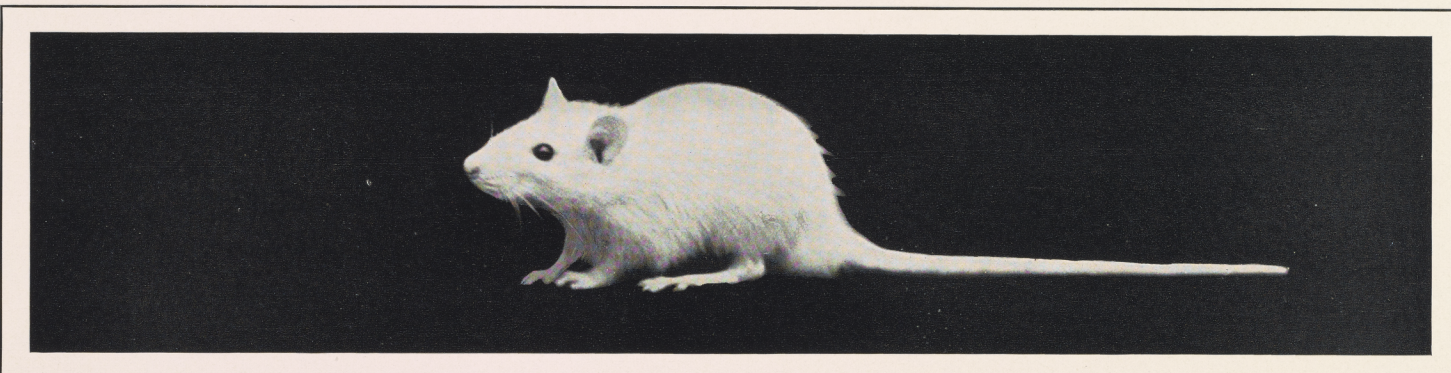
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U. S. Department of Agriculture

—Phosphorus—

Needed in All Parts of the Body

Rats from the same litter, 9 weeks old

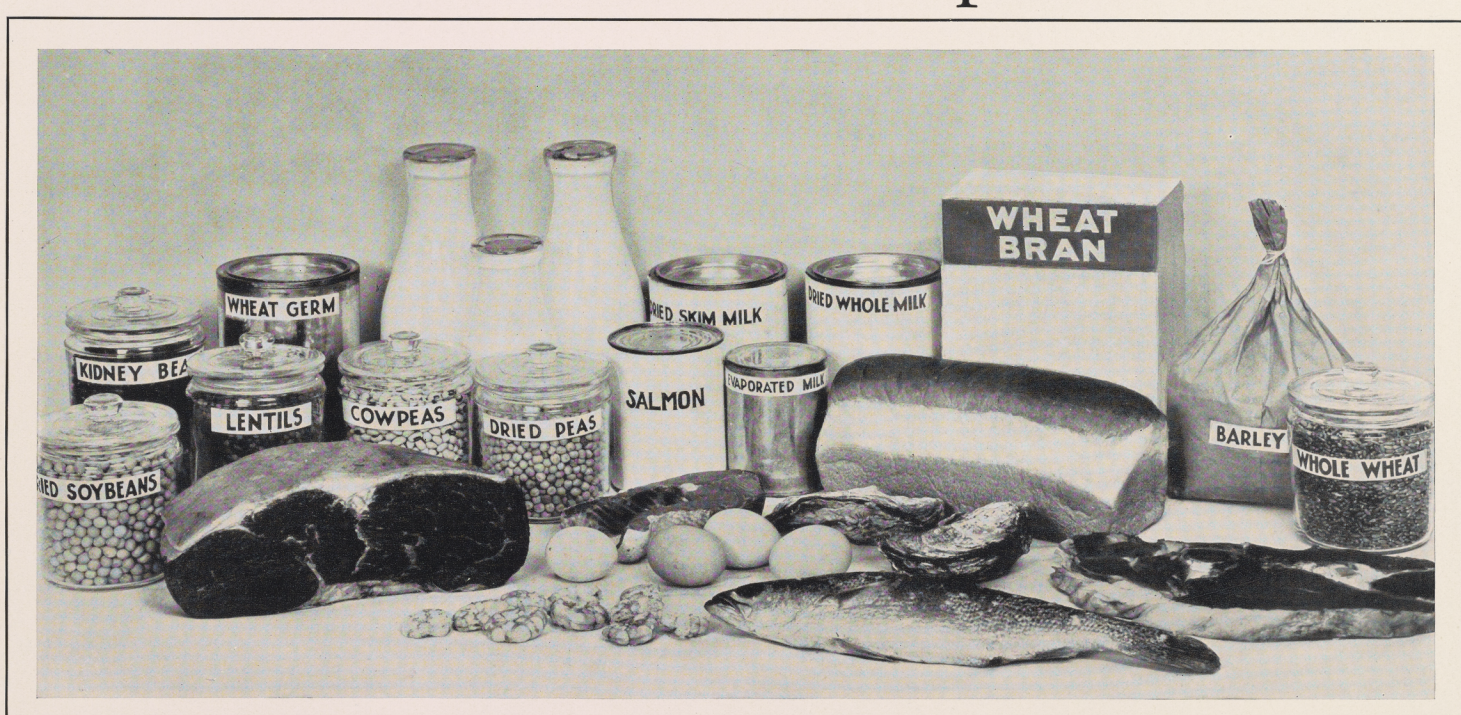


This rat did not have enough phosphorus. It grew slowly and weighed only 60 grams



This one had plenty of phosphorus, and weighed 115 grams

Good Sources of Phosphorus



Milk, all forms
Eggs
Meat, lean
Fish, all kinds
Oysters. Shrimps

Barley, whole
Wheat, whole, especially
bran and germ
Cottonseed flour
Rice polishings

Beans
Cowpeas
Lentils
Peas
Soybeans